

**COURSE LIST FOR THE NUTRITION OPTION  
NUTRITIONAL SCIENCES, 709**

_____ 11:709:255	Nutrition & Health (3, F/S/Su)
_____ 11:709:352	Nutrition & Behavior (3, S) <b>or</b>
_____ 11:709:427	Obesity: Biology, Behavior & Management (3) <b>or</b>
_____ 11:709:443	Methods in Sensory Analysis (3) <b>or</b>
_____ 11:709:475	Nutrition and Fitness (3)
_____ 11:709:400	Advanced Nutrition I (3, F)
_____ 11:709:401	Advanced Nutrition II (3, S)
_____ 11:709:481	Seminar in Nutrition (1.5, F/S)
_____ 11:709:493, 494	Research in Nutritional Sciences (3, F/S/Su, in consultation with advisor)
_____ 11:709:402+	Advanced Nutrition I: Readings (1, F)
_____ 11:709:403+	Advanced Nutrition II: Readings (1, S)
_____ 11:709:498+	Nutrition & Disease (3, S)
_____ 01:119:115-116	General Biology I & II (4, 4, F/S)
_____ 01:119:117	General Biology Lab (2)
_____ 01:119:3xx-4xx	Advanced Life Sciences course (3-4, F/S) <b>or</b>
_____ 01:146:3xx-4xx	Advanced Life Sciences course (3-4, F/S) <b>or</b>
_____ 01:447:3xx-4xx	Advanced Life Sciences course (3-4, F/S) <b>or</b>
_____ 01:694:3xx-4xx *	Advanced Life Sciences course (3-4, F/S)
_____ 01:146:356, 357	Systems Physiology, Lab (3, 1, F/S, <sup>356-Su</sup> )
_____ 01:160:161, 101	General Chemistry I & Recitation (3, 1, F/S/Su)
_____ 01:160:162, 102	General Chemistry II & Recitation (3, 1, F/S/Su)
_____ 01:160:171	Introduction to Experimentation Lab (1, F/S/Su)
_____ 01:160:307-308, 311	Organic Chemistry, Lab (4, 4, 2, F/S)
_____ 01:447:380	Genetics (4, F/S)
_____ 01:640:135	Calculus I (4, F/S)
_____ 11:115:301	Introductory Biochemistry (3) <b>or</b>
_____ 11:115:403-404	General Biochemistry (4, 4, F/S) <b>or</b>
_____ 01:694:301	Introductory Biochemistry and Molecular Biology (3) <b>or</b>
_____ 01:694:407-408	Molecular Biology and Biochemistry (3, 3)
_____ 01:750:203-204	General Physics (3,3 F/S)
_____ 01:750:205-206	General Physics Lab (1, 1 F/S)
_____ 01:960:401	Basic Statistics for Research (3, F/S)

**Many courses have prerequisites. Please see catalogue descriptions.**

**Students must achieve a "C" or better in all required biological sciences, biochemistry, chemistry and nutrition courses before taking 709:400, 401 and 498.**

+ Recommended but not required

F = Fall Semester; S = Spring Semester; Su = summer; Check schedule of classes to confirm.

\* or another Life Sciences course approved by the department.

**NUTRITIONAL SCIENCES MAJOR  
NUTRITION OPTION  
Sample Program**

FALL	SPRING
01:160:161,101 General Chemistry I & Recitation (3,1) 01:350:101 Expository Writing I (3) 01:640:135 Calculus (4)  <i>Elective Area/Core course</i>	01:160:162,102 General Chemistry II & Recitation (3,1) 01:160:171 Intro to Experimentation (1)
01:119:115 General Biology I (4) 01:160:307 Organic Chemistry (4) 11:709:255 Nutrition & Health (3) 3xx <b>or</b> 4xx Advanced Biology course (3-4)	01:119:116 General Biology II (4) 01:119:117 General Biology Lab (2) 01:160:308 Organic Chemistry (4) 01:160:311 Organic Chemistry Lab(2)  <i>Elective Area/Core course</i>
01:447:380 Genetics (4) 01:750:203 General Physics (3) 01:750:205 Physics Lab (1) 11:115:403 General Biochemistry (3) <b>or</b> 11:115:301 Intro to Biochemistry (3) <b>or</b> equivalent 01:960:401 Basic Statistics for Research (3)  <i>Elective Area/Core course</i>	01:146:356 Systems Physiology (3) 01:146:357 Systems Physiology Lab (1) 01:750:204 General Physics (3) 01:750:206 Physics Lab (1) 11:115:404 General Biochemistry <sup>†</sup> (3)  <i>Elective Area/Core course</i>
11:709:400 Advanced Nutrition I (3) 11:709:402 ** Adv. Nutrition I: Readings (1) 11:709:493 * Research in Nutrition (3)  <i>Elective Area/Core course</i>	11:709:401 Advanced Nutrition II (3) 11:709:403 ** Adv. Nutrition II: Readings (1) 11:709:481 Seminar in Nutrition (1.5) 11:709:498 ** Nutrition & Disease (3)  <i>Elective Area/Core course</i>

It is strongly advised that Biology, Calculus and Chemistry be taken first year. However, it is most critical to take Chemistry in the first year. Please consult an advisor if you wish to delay Biology or Calculus.

\* May be taken in Spring as 494; see advisor to arrange

\*\* Recommended but not required

† Pre-requisite is General Biochemistry I (11:115:403), ONLY if you plan on taking two semesters rather than one semester of biochemistry.

For more information on undergraduate courses for the major, please visit:

<https://nutrition.rutgers.edu/undergraduate/courses/>